

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 02047, Salt, table

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2006
Protein	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	99.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
<b>Minerals</b>													
Calcium, Ca	mg	24	--	11.857	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.33	--	0.186	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	1	--	0.509	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Phosphorus, P	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	8	--	1.667	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	38758	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	0.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Fluoride, F <sup>1</sup>	µg	2.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Pantothenic acid	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	11/2006
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Folate, total	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2006
Folate, DFE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2006
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
16:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phytosterols	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
<b>Amino Acids</b>													
Tryptophan	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Threonine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Isoleucine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Leucine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Lysine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Methionine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Cystine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Phenylalanine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Tyrosine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Valine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Arginine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Histidine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Alanine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Aspartic acid	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Glutamic acid	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Glycine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Proline	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2002

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7c, 2002 Beltsville MD